



CARROTS, LOW-SODIUM, CANNED

Date: August 2012

Code: 100308

PRODUCT DESCRIPTION

- Canned carrots are U.S. Grade A.
- Canned carrots are sliced or crinkle cut.
- Canned carrots are a low-sodium food.

PACK/YIELD

- Each can contains about 15 ounces, which is about 1.5 cups or 3.5 servings ($\frac{1}{2}$ cup each) after cooking and draining.

STORAGE

- Store unopened carrots in a cool, clean, dry place.
- Store opened carrots in a tightly covered container not made from metal and refrigerate.
- Look at the "Best if used by" or "Best by" date on the can.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- Canned products are fully cooked, so it is safe to eat them without cooking.
- If heated, serve right away or refrigerate leftovers in a container not made from metal.

USES AND TIPS

- Serve canned carrots heated, or use in a variety of main dishes, soups, salads, and stuffing.

Nutrient Values in the Nutrition Facts Label are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information

NUTRITION INFORMATION

- $\frac{1}{2}$ cup of carrots provides $\frac{1}{2}$ cup in the MyPlate.gov Vegetable Group. For a 2-000-calorie diet the daily recommendation is about 2 $\frac{1}{2}$ cups of vegetables.
- $\frac{1}{2}$ cup of carrots provides more than a day's worth of vitamin A.

FOOD SAFETY INFORMATION

- If the can is leaking or the ends are bulging, **throw it away**.
- If the canned food has a bad odor, or liquid spurts out when the can is opened, **throw it away**.

OTHER RESOURCES

- www.nutrition.gov
- www.choosemyplate.gov
- www.fns.usda.gov/fdd/

NUTRITION FACTS

Serving size: $\frac{1}{2}$ cup (73g) carrots, low-sodium, canned, drained

Amount Per Serving

Calories	18	Calories from Fat	0
-----------------	----	--------------------------	---

% Daily Value*

Total Fat 0g	0%
---------------------	-----------

Saturated Fat 0g	0%
------------------	-----------

Trans Fat 0g	
--------------	--

Cholesterol 0mg	0%
------------------------	-----------

Sodium 140mg	8%
---------------------	-----------

Total Carbohydrate 4g	1%
------------------------------	-----------

Dietary Fiber 1g	4%
------------------	-----------

Sugars 2g	
-----------	--

Protein 0g	
-------------------	--

Vitamin A 160%	Vitamin C 4%
----------------	--------------

Calcium 2%	Iron 2%
------------	---------

*Percent Daily Values are based on a 2,000 calorie diet.

CHICKEN WITH VEGETABLES AND RICE**MAKES ABOUT 3 SERVINGS****Ingredients**

- 1 can (about 15 ounces) carrots, drained
- 1 cup (about 5-6 ounces) cooked chicken, diced
- ½ chicken bouillon cube (or ½ teaspoon instant chicken bouillon granules)
- ½ teaspoon basil, dried (if you like)
- ½ cup water
- 1 cup white rice, cooked
- 1 small can (about 8 ½ ounces) unsalted green peas, drained

Directions

1. Combine carrots, chicken, bouillon, and ½ cup water in medium-size saucepan. If using basil, add that too. Bring to boil.
2. Stir in rice; then add peas. Remove from heat.
3. Cover and let stand 2 minutes.
4. Stir gently and serve.

Nutrition Information for 1 serving (1 cup) of Chicken with Vegetables and Rice

Calories	230	Cholesterol	35 mg	Sugar	7 g	Vitamin C	12 mg
Calories from Fat	20	Sodium	412 mg	Protein	19 g	Calcium	66 mg
Total Fat	2 g	Total Carbohydrate	33 g	Vitamin A	815 RAE	Iron	3 mg
Saturated Fat	0.5 g	Dietary Fiber	6 g				

*Recipe adapted from DelMonte.com.***HONEY RAISIN CARROTS****MAKES ABOUT 8 SERVINGS****Ingredients**

- 1 can (about 15 ounces) carrots, drained
- 1 tablespoon margarine, from tub preferred
- 2 tablespoons seedless raisins
- 1 tablespoon honey
- ¼ teaspoon cinnamon

Directions

1. In saucepan on the stove, combine all ingredients and heat through.

Microwave Directions

1. Combine all ingredients in microwave safe bowl.
2. Cook on high for 3 minutes, stirring halfway through (after 1 ½ minutes).

Tip

For variety, try canned peas or canned lima beans in place of canned carrots.

Nutrition Information for 1 serving (½ cup) of Honey Raisin Carrots

Calories	80	Cholesterol	0 mg	Sugar	10 g	Vitamin C	2 mg
Calories from Fat	25	Sodium	70 mg	Protein	1 g	Calcium	40 mg
Total Fat	3 g	Total Carbohydrate	14 g	Vitamin A	3485 RAE	Iron	1 mg
Saturated Fat	0.5 g	Dietary Fiber	2 g				

Recipe provided by DelMonte.com